

# Therapeutics



Carmel Wilson C.T.R.S.  
Recreation Supervisor II  
(619) 409-5800

**Annual** \$40 Resident  
**Membership Fee:** \$50 Non-Resident

Membership runs Sept '06 - Aug '07.  
Includes a T-shirt plus discounted admission to dances, field trips and programs.

Mail fee to: City of Chula Vista  
Therapeutics Section, 276 Fourth Avenue  
Chula Vista CA 91910

## Want to Help?

The Therapeutics Section provides an opportunity for individuals to help with activities and programs. (619) 409-5800.

## Kids Included Together (KIT)

KIT is a nonprofit organization designed to support programs that serve children with disabilities. We are pleased to announce that the City Of Chula Vista Recreation Department has been awarded Alumni Status for the upcoming year. This grant continues to provide Inclusion Aide assistance for children with disabilities.

## Club Rec

This drop-in program is for teens and adults with developmental disabilities. Enjoy games, sports, exercise, fitness and special events. Group meets three times per month. Call to register. See bi-monthly calendar for selected dates. No class in August.

**Free**

**Ages: 13 - Adult**

**Chula Vista Woman's Club**  
Thurs 6:00 - 8:00 pm

## Mark Your Calendars for these Special Events:

Halloween Dance – October 28  
Holiday Dance – December 16

## Cooking Class

Join us twice a month for our hands-on cooking basics while preparing food to enjoy. Nutrition education and clean-up skills are also included in this class. Registration is required. Class size is limited.

**Fees:** \$2 Members  
\$4 Resident  
\$5 Non-Resident

**Ages: 6 - Adult**

**Parkway Community Center**

Sept 16, 30	11:00 am - 1:00 pm
Oct 14, 21	11:00 am - 1:00 pm
Nov 4, 18	11:00 am - 1:00 pm
Dec 2, 9	11:00 am - 1:00 pm

## Freestyle Dance Class

Learn basic hip-hop steps, line dances, and new dance steps to your favorite tunes in this 8 week class. It's a fun way to exercise! Designed for individuals with developmental disabilities. Pre-registration is highly recommended.

**Fees:** \$20 Members  
\$24 Resident  
\$30 Non-Resident

**Ages: 6 and up**

**Chula Vista Woman's Club**

Oct 25 - Dec 13	6:00 - 7:00 pm
-----------------	----------------

## Adaptive Fitness

This morning circuit workout program is designed for individuals with physical disabilities. The center offers a variety of state-of-the-art equipment to meet fitness goals. The workouts are fun yet challenging and include strength training, toning and cardiovascular work. Registration required. Quarterly Fee (includes gym membership at Otay):

**Fees:** \$42 Resident  
\$53 Non-Resident

**Ages: 16 and up**

**Otay Recreation Center**

Mon, Wed,  
Fri 9:30 - 11:00 am

## Wheely Sports

This free wheelchair sports program is designed for the active, sports-minded individual with permanent physical disabilities. Group meets three times per month. See calendar for specific dates. Call (619) 409-5800 to register.

**Ages: 6 and up**

**Otay Recreation Center**

Wed 4:30 - 6:30 pm

## Sunday Leisure Bowling

Come join the Fall Leisure Bowling crowd for our Bowling Session. Our 10-week bowling session is designed for active children, teens and adults with developmental or physical disabilities.

**Fees:** \$22 Members  
+ \$6 weekly bowling fees.  
\$25 Resident  
+ \$6 weekly bowling fees.  
\$31 Non-Resident  
+ \$6 weekly bowling fees.

**Ages: 6 - Adult**

**Brunswick Premier Lanes**  
845 Lazo Court.

Sept 17 - Dec 3

No class Sept 24 and Nov 26.

## Hand Cycling

This 5-week introduction to Hand Cycling is for children with physical disabilities. Learn an adaptive outdoor sport while increasing strength and endurance.

**Fees:** \$15 Resident  
\$18.75 Non-Resident

Greg Rogers PTA will pay the fees for any student that would like to do this program.

**Ages: 7-14**

**Greg Rogers**  
**Elementary School**

510 East Naples Street  
Chula Vista

Oct 17 - Nov 21

Tues 3:30 - 5:30 pm

No class Oct 31